



ALL-HANDS THANKSGIVING BUFFET

Your whole family will give thanks when you purchase tickets



for the Officers' Club annual Thanksgiving Day Feast on Thursday, November 28! Enjoy an abundant appetizer and

salad bar, dozens of delicious entrees, homemade breads and rolls, and a decadent pastry and dessert bar for just \$24.10 for adults, \$11.45 for children 4 to 12 (children 3 and under are free). The buffet will be served from 11 a.m. to 3 p.m. All ticket prices include 15% gratuity. Seating times must be requested when purchasing tickets. Purchase tickets at the Officers' Club Gift Shop during normal hours of operation or by phone at 846-7987, using Visa or MasterCard.

TURKEY TROT 5K FUN RUN & WALK

Burn-off some extra calories before Thanksgiving by joining your base-mates in a "Turkey Trot Fun Run and Walk" on Friday, November 22. The three-mile run and one and a half mile walk will take you around Coasters' Harbor Island, beginning and ending at Gym 109. The race will start at 11:50 a.m. This event is open to all active duty, retirees, reserve personnel, DoD civilians and all family members. Participants under age 18 must have written parental consent (on form available at Gym 109). Prizes will be awarded to the first female and male to cross the finish line. Registrations will also be accepted the day of the race. For more information, call Brett Estrella at 841-7196.



TRIP TO MACY'S THANKSGIVING DAY PARADE

Don't miss your chance to see this famous Thanksgiving Day Parade, highlighted by magnificent floats, giant balloons, fabulous marching bands, celebrities and of course, Santa Claus! The Ticket Connection will travel to New York on Thursday, November 28 for this must-see event and they want you to come along! Cost is just \$43 per person. The bus departs at 5 a.m. and returns at 5 p.m., so you will still be able to enjoy Thanksgiving dinner when you return. This trip will sell out, so sign up today! Register at the Ticket Connection, Building 656 or call 841-3116 for more information.

CURLING COMPETITION AT GYM 109

Curl your way to the top, at Gym 109's Curling Competition on Wednesday, November 20. The competition, which will take place from 8 a.m. through 6:30 p.m., is open to both men and women in three age categories: 18-29, 30-45, and 36 & over. The winner will be the individual that completes the most perfect form curls using 40% of their body weight. Prizes will be awarded to the top performer in each age category. For more information, call Brett Estrella at 841-7196.



INSIDE THIS ISSUE:

US HOT ROD MONSTER JAM TICKETS JANUARY 24 8 P.M.	2
NEW SESSIONS OF YOGA BEGINNING NOVEMBER 6	2
PERSONALIZED LETTERS FROM SANTA	3
ITT HAS TICKETS TO FESTIVAL OF TREES	3

PROVIDENCE BRUINS TICKET VOUCHERS



The Ticket Connection, Building 656 has discount ticket vouchers for all regular season Providence Bruins home games. The vouchers cost just \$11.50 each and are easy to redeem—simply take them to the Dunkin' Donuts Center Box Office (prior to or on the night of the game) and turn in for the best seating available at the time of redemption. These vouchers would make a terrific gift for the sports fan in your family, but at just \$11.50 each--- there doesn't need to be a special occasion! Stop by the Ticket Connection to pick up your vouchers and a game schedule today! For more information, call 841-3116.

US HOT ROD MONSTER JAM TICKETS

Ford Trucks presents the US Hot Rod Monster Jam, racing hard and crushing cars like you've never seen, at the Dunkin' Donuts Center in Providence, R.I. The MWR Ticket Connection at Building 656 has discounted tickets for the 8 p.m. performance on Friday, January 24. The legendary lineup features *Gravedigger*, *Gun Slinger*, two-time champion *Black Stallion* and the new Latin sensation *El Toro Loco*. Also featured will be four-wheel ATV action of the Quad Wars and impressive aerial motorcycle stunts of freestyle motocross. Tickets are priced at only \$12.50 (\$20.00 at the door) and must be purchased by January 3. For more information, call 841-3116.



VEHICLE MAINTENANCE REMINDERS

Are your windshield wipers leaving streaks on your window? Do your directional lights on both the front AND back of your vehicle work properly? Maintenance on these items is often overlooked but is important to keeping your car safe.

Visit the Auto Skills Shop, Building 304 and have your windshield wiper blades inspected today. The automotive professionals can also check your headlights, brake lights and directionals to ensure they are working correctly. Need parts for your vehicle? Order through the retail shop and keep your car in tip-top shape. The Auto Skills Shop is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 9 a.m. to 5 p.m. Call 841-3026 for more information.

HOLIDAY BOARDING ADVICE FOR YOUR PETS

Traveling during the holidays? Need to board your pets while you are gone? Many local boarding facilities require canines to have a current Bordatella vaccination. If you are not sure if your dog has been given this yearly vaccination, call the U.S. Army Veterinary Treatment Facility, Building 303, to review your pet's records. For more information, or to schedule an appointment, call 841-3994.

NEW YOGA SESSIONS TO START

Stressed out with your daily routine? Looking for something to help you relieve stress and relax? Then you will want to register today for the next session of "Vinyasa," a dynamic yoga class beginning Wednesday, November 6. The class will meet from 4:45 to 5:45 p.m. at Fitness Plus, Building 355. There will be no class on Wednesday, November 27. This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.



Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach. The six-week session costs \$60 and classes are held in the Aerobics Room at Fitness Plus. A minimum of ten, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Pre-register at Fitness Plus where you can also buy a mat for \$18 during normal hours of operation. Participants under 18 must have a parental consent form which can be picked up at Gym 109 or Fitness Plus. For more information, call Brett Estrella at 841-7196.

REGISTER YOUR CHILD FOR YOUTH BASKETBALL

Youth, ages 4 to 15 are invited to register for winter basketball which begins on January 11 and runs through March 22.



Games will be played Saturdays and players will be notified of game location prior to game. Cost is \$25 per child, until registration closes on Friday, November 29. Register at Gym 109, Monday through Friday, between 8 a.m. and 4:30 p.m. in the Athletic Director's office. All coaches meetings and team selections will be at Newport County YMCA on Valley Road. For more information, call Jeff Dunn at 841-7196.

PERSONALIZED LETTERS FROM SANTA

Make a child's Christmas extra special by requesting a personal letter from Santa! It's easy to do: simply contact Jeff Dunn, the Military Youth Activities (MYA) Director at Gym 109 and provide the child's name and other information needed to customize the letter (teacher's name, special gifts wanted, etc.) Provide a stamped envelope, and Santa will address it and send the child a personalized letter. Childrens' information can be dropped off at the Athletic Director's office in Gym 109 beginning Monday, November 25. Letters will be mailed December 9-18 to ensure arrival before Christmas. For more information call 841-7196.



POOL PARTIES AT POOL 307

Planning your child's birthday party? Why not have a pool party? Pool 307 is available for rent on Saturdays, space permitting. The rental fee is \$35 for one-hour or \$55 for two-hours and includes one lifeguard. Reservations and payment must be made in advance. To reserve a date or for more information, contact Jeff Cornell at 841-6628



HAVE A BOWLING BIRTHDAY PARTY

If you are planning your child's birthday party, consider a bowling party at the Seaview Bowling Lanes, Building 656. The lanes are available Saturdays and Sundays, and each party offers reserved lanes with or without bumpers, and a party table with chairs. Cost is just \$5 for each child, including shoe rental! Party food may be ordered from the Recreation Center kitchen and be sure to ask about our special child-friendly menu choices. Birthday cake is always allowed! For more information on this and other bowling programs, contact the Bowling Center Manager at 841-4293 after 5 p.m.



ITT HAS FESTIVAL OF TREES TICKETS

The 25th Anniversary Festival of Trees celebration kicks off on Friday, December 6 with a champagne preview party and silent auction, featuring fabulous donated items, at the Naval Undersea Warfare Center Gymnasium, in Building 80. Tickets are \$15 per person or \$25 per couple (if purchased in advance) and include champagne, non-alcoholic beverages, hors d'oeuvres and entertainment. Advance tickets may be purchased at the MWR Ticket Connection Office located in Building 656. The preview party and silent auction take place from 7 to 10 p.m.



The festivities continue from 11 a.m. to 5 p.m. on Saturday and Sunday, December 7 & 8. Admire the hand-decorated evergreen trees, visit with Santa Claus, see the amazing talking Christmas tree and enjoy a weekend full of entertainment. Admission is \$1 per person, fifty-cents for children, \$3 family and seniors are admitted free.

Ornaments and special, sterling silver 25th anniversary tree pins will be available for purchase. All festival proceeds are donated to local community non-profit and military support organizations. For information about the festival, contact Cynthia Rose at 841-8731.

LIGHTING OF THE NAVSTA HOLIDAY TREE COMING IN DECEMBER





LEISURE TIMES

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Commanding Officer
CAPT R. A. Cooper

Executive Officer
LCDR D. R. Will

MWR Director
R. H. Ramsey

Designed and Edited By
MWR Publicity



November 11 is Veteran's Day
November 21 is American Smoke-out Day
November 28 is Thanksgiving
November 30 Hanukkah begins

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MWR TELEPHONE DIRECTORY  Clip & Save!

ADMIN OFFICE Monday - Friday	<i>Bldg. 1121</i> 8 a.m. - 4:30 p.m.	841-2643 841-3855	GYM 109 CONTD. Sunday Holidays	<i>Bldg. 109</i> 9 a.m. - 5 p.m. 12 p.m. - 6 p.m.	841-3154
AUTO SKILLS SHOP Tuesday - Friday Saturday	<i>Bldg. 304</i> 11 a.m. - 7 p.m. 9 a.m. - 5 p.m.	841-3026	MYA	<i>Bldg. 109</i>	841-3293
BOWLING CENTER Wednesday - Friday Saturday Saturday Sunday	<i>Bldg. 656</i> 5 - 10 p.m. 1 - 7 p.m. 8 - 11 p.m. 1 - 7 p.m.	841-4293 Rock 'n Bowl (bi-weekly)	OFFICERS' CLUB Topside Pub Monday - Saturday Sunday (NFL Season Only) Dining Room Lunch: Mon - Fri Sunday Brunch	<i>Bldg. 95</i> <i>Opens at 4 p.m.</i> 11 a.m. - 1:15 p.m. 10 a.m. - 12:30 p.m.	849-3693 846-7987 <i>(all-hands)</i>
CHILD CARE Director Child Devel. Center Monday - Friday Child Devel. Homes Monday - Friday PRESCHOOLS Coddington Cove Fort Adams	<i>Bldg. 1297</i> <i>Bldg. 1297</i> 6:45 a.m. - 5:15 p.m. <i>Bldg. 1297</i> 9:00 a.m. - 5 p.m. <i>Bldg. 1165</i> T-381	841-1953 841-4562 841-6225 841-2080/7126 841-2883	POOL 307	<i>Call for current schedule</i>	841-6628
FITNESS PLUS Monday - Friday	<i>Bldg. 355</i> 5 a.m. - 7:30 p.m.	841-1474	PUBLICITY OFFICE Monday - Friday	<i>Bldg. 1121</i> 8 a.m. - 4:30 p.m.	841-4992
GEAR RENTAL Tuesday - Saturday	<i>Bldg. 303</i> 8:30 a.m. - 5 p.m.	841-2568	RECREATION CTR. Enlisted Lounges Computer Café	<i>Bldg. 656</i> <i>Open 7 days a week</i> <i>Open 7 days a week</i>	841-3054 or 841-2575 841-2194
GYM 109 Monday - Friday Saturday	<i>Bldg. 109</i> 5 a.m. - 10 p.m. 7 a.m. - 7 p.m.	841-3154	SPECIAL EVENTS COORDINATOR	<i>Bldg. 1121</i>	841-4038
			TICKET CONNECTION Monday - Friday Saturday	<i>Bldg. 656</i> 8:30 a.m. - 5 p.m. 9 a.m. - 1 p.m.	841-3116
			VETERINARY CLINIC Monday - Friday	<i>Bldg. 303</i> 8 a.m. - 4 p.m.	841-3994